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IBB Polonia London

are through to the semi-finals of the English Cup

The quarter final of the National Cup was held on Saturday, 27th January, in East London at the home of Wapping Wildcats. The hosts were swiftly eliminated from the competition 0:3 (11:25; 23:25; 16:25) and IBB Polonia London VC once again will be competing for a place in the finals and the defence of the first of their two titles. Wapping, surprisingly, defeated Essex 3-2 in the previous round and were hoping to repeat their victory, but fell short.

The three set match between East and West London showed a stable level of play for the visitors. The first set was over quickly with the home

team scoring 11 points. However during the second set, they gained some momentum pushing very close and only succumbing by two points. The main weapon was their serve, which caused some discomfort amongst the IBB Polonia receivers. At the start of the third set, the rhythm returned to Piotr Graban's charges and control was once again regained. IBB Polonia held a convincing lead from start to finish of the third set, winning in the end by 9 points.

"In the first and last sets, we showed some powerful volleyball. It was evident that Bartek Kisielewicz, Mateusz Dziwerek and Dorian Poinc have quickly established a strong understanding on court. They played a very tight game together and between them overpowered the opposition and gave us the semi-final place" – said Patrik Selep; assistant Coach IBB Polonia London.

"On Saturday, we showed real team spirit. We were better in all aspects and we were motivated in producing a quick result. It's great to play with Bartek. His experience and abilities allow us the

freedom with which we played. His style suits me down to the ground and I know he will give me a perfect ball each time. Thanks to this, my effectiveness has improved and I can be used regularly in attack." – said IBB Polonia receiver, Dorian Poinc.

Once again the semi-final will be against Team Wessex, who beat Malory Eagles 3-0. The match will take place at the Brentford Fountain Leisure Centre on 24th February 2018, the usual home venue. Tickets are available [here](#).

"I'm very optimistic in relation to the upcoming matches in the league and cup. We still haven't showed everything we can do. I think that solid work at training sessions will bring us more victories and help us start to smell silverware once again." – added Patrik Selep.

The London team now has a two week break from matches and will return to the court on the 10th February when they visit Essex in the Super 8 League. More information can be found on the Club website and Facebook page.



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The first match of 2018 was a great success for IBB Polonia London. On Saturday, 13th January the players from London took on the visitors from Bournemouth on their home court. The result of this "revenge match" was 3-0 to IBB Polonia London VC (25:23; 25:22; 25:20).

The team, once again, showed the world that it is seriously approaching its task of professionalising The Club in all departments. The arena was prepared to professionally reflect the match; this included the laying out of the Taraflex floor; LED scrolling advertising banners, live announcements, musical entertainment and of course, the support of the loyal fans. The London volleyball players certainly played their part by winning the match emphatically, much to the delight of the spectators. All of the events were broadcast live on the internet and via Polsat Sport – top polish TV.

Despite the strong performance against Team Wessex, Head Coach of IBB Polonia London – Piotr Graban said that he will be demanding even more from his players:

"We still have not showed our true level. We still have much more to give, but I'm sure soon we will be able to play to our real potential. Our game was rather party on Saturday, no doubt caused by the Christmas break. Of course we are pleased with our win, and the whole team played their part. Our hard work on the practice court is starting to show and we are delighted that experienced players are rejoining us once again, as well as new players. This gives us greater stability and many more options on court."

"I'm really pleased with the result. We played well, taking into account the recent break in our trainings. The return to regular training will of course start to bear fruit. I'm really pleased that even more people came to watch our victory and appreciate the hard work that we are carrying out. It definitely motivates us to play even harder." – said opposite hitter IBB Polonia London Michal Bartoszak.

IBB Polonia London was supported by a great gathering of supporters in the sports hall, while others watched on their laptops and televisions around the world. The eyes of the World were on West London.

"After over a month's break, we were very keen to get involved once again with supporting our club. The atmosphere was electric and the quality of play was of a high standard. All of the fans joined in with supporting the guys on court and carried them to victory. I think people will be very envious of those that were there." commented Jan Ploszaj, President of the Official IBB Polonia London Supporters Club.

Fans of volleyball, who could not be there in person, can see the game online. The footage is available here and also on the Club's Facebook page. More importantly, this wanting to become involved can actually help develop The Club by investing in shares launched by The Club last year. More information is available on <http://polonia.vc/>.

The next match played in London will be on the 20th January. It will be away match against Sheffield Hallam, who were defeated on the home court 3:1 at the start of the season. The next home game will be on the 17th February against Essex Blaze.

IBB Polonia London

invites you to support volleyball and come to their matches in 2018

After a short festive break, the first matches has already started in January. With that in mind, the players have been training after Christmas break in order to fully prepare for the home match against Wessex VC. Under the watchful eyes of Piotr Graban and Patrik Selepe, the team have been working hard to continue the run of results leading up to Christmas. On Saturday, 13th January 2018 the match will take place at Brentford Leisure Centre which, once again, will be transformed into a professional looking venue with the laying out of Taraflex, music and television cameras. As usual, there will be lots for fans to see and everybody is invited to come and cheer.

"We had to be tough in 2017, constantly looking for solutions and trained very hard which resulted in some good results very recently. I am confident that the trend will continue and the results will continue to be positive. We have a surprise for our fans this Saturday, but I'm not revealing it yet....but come along and see for yourselves! Bring your friends and become our seventh player. It's going to be a great opportunity to continue our English-Polish partnership. See you soon!" -said Piotr Graban, Head Coach IBB Polonia London VC.

"I am delighted that I can play once again. I'm

hopeful that my ability and experience will help us to reach our aims. I am also counting on our supporters to help us, who follow us faithfully regardless of where we play. I'd like to invite everyone to come and support us. It's going to be emotional; especially as we want to get revenge on the team who beat us at their venue." - commented Bartosz Kisielewicz, setter for IBB Polonia London who following a short break has returned to the team.

"We want to be able to show the world that London can organise a top class professional volleyball event. We are planning attractions and an exciting.

Please reserve your tickets early and come and enjoy your time with us. Families with children, friends and all are invited and will definitely enjoy their time with us. If you are unable to make it to the game in person, we will be broadcasting via Polsat Sport as well as via the internet." - said IBB Polonia London President Bartek Luszcz.

Tickets to IBB Polonia London VC matches are always available here www.polonia.eventbrite.co.uk.

If you want to watch matches online, then the link is <http://ibb.uk/tv/> as well as via polish top sports TV - Polsat Sport.





Three points for IBB Polonia London in Sheffield.

Three points and a solid win rounded up the trip for IBB Polonia London to Sheffield. The hosts are the current runners up in the 2017 Super 8 competition and the only team this season to beat Team Northumbria.

The first set was taken by the hosts, who started the match strongly with very good serving. It is worth noting, that the home team were well supported by drum playing fans.

The long journey and the new sports hall caused us some challenges at the start of the game. The hosts wanted to show, from the very start, that they planned to beat us. The first set seemed more like a continuation of the warm up than the start of the match for us. I'm delighted with the way that we turned our fortunes around and closed the game out - said Coach Piotr Graban

The second and third sets were a great end for IBB Polonia London in the match. Kisielewicz

distributed the ball with even greater confidence, and every point gave the team greater momentum.

Everybody contributed to the victory. I'm finding my rhythm with Mateusz Dziwierek; our serve and block was also looking strong. It's great that when someone is struggling, we have a strong bench to help. I think we still have the ability to play much better, and we all want to be better - said captain and setter Bartosz Kisielewicz.



In the fourth set, the team from London was down by six points, until Mateusz Dziwierek stepped up to the service line: this was his second game for IBB Polonia London.

Im starting to find my feet with the team, and we are playing better. I feel great in London; its a great atmosphere and a superb place to develop volleyball. I think each day, I will improve and as a result, the team will improve - said IBB Polonia number 20 - Mateusz Dziwierek.

The Londoners were supported by over forty traveling fans from the Official Supporters Club. Their President Jan Ploszajski was overjoyed to see the home team supporters. It was splendid to have some rival fans watching the game. It encourages us ever more to play our drums and trumpets. A few years ago, there was no support in England, and I hope we lead the way in volleyball support.

This Saturday IBB Polonia London play the English Cup quarter final with another London team: Wapping Wildcats who themselves beat a higher placed team to earn the right to play the defending Cup holders.